



JOURNEYS

OF THE SPIRIT



Kerala with Pamela
24 October to 3 November 2020

"Journeys of the Spirit has been organising small group trips to Kerala for over 15 years so when we arrived at our retreat we were greeted warmly and promptly, then taken to our individual cottages to settle in to paradise. The Ayurvedic experience is one I would highly recommend to anyone interested in an exotic holiday, which will revive and restore your mind, body and soul"

- Anne D.

"On the brink of mid-life crisis, and needing to step off the hamster wheel of life for a moment, I searched for a holiday that would not only tick the box of an exotic location, but one that would also revive my mind, body and soul in the process. Boy, did I find what I was looking for in Kerala on the southwest coast of India."

- Wilamina F.

The Ayurveda Kerala Story

Ayurveda is a 5000 year old form of traditional healing that incorporates meditation and yoga practices as important elements within this natural healing modality. Its foundation is the holistic rebalancing of your whole being - your physical self, your mental self, your spiritual, emotional and physiological self - through various modalities such as treatments, food that is medicine for your body, yoga, meditation, pranayama (yogic breathing) and much more.

It is through its authentic delivery that we receive the magical healing elements that will allow us to release what no longer supports us and to bring into our life whatever we desire. Whether this be good health, emotional stability, joy, light heartedness, happiness, peace or self love.

Julie Baker, founder of Journeys of the Spirit, discovered a very special Ayurvedic retreat in Kerala, India in 2002. After 16 months of extensive research and a visit to several other retreats in Kerala, this one retreat not only ticked all the boxes, but it has become the foundational retreat for Journeys of the Spirit.

Over the years, the owners of this magnificent property have closely worked and collaborated with Journeys of the Spirit to create an even deeper, authentic representation of Ayurveda for our journeyers. Because of this collaboration and understanding that we are wanting the best quality version of Ayurveda and so you can enjoy its maximum benefits, we have exclusive inclusions and packages available.

Your guide - Pamela McArdle

After many years of working as a corporate executive assistant, Pamela recently decided it was time to listen to her inner voice and change career direction. Having always been passionate about natural health and well being she is now focusing on helping people break the cycle of stress, renew and reclaim their wellness and activate their true authentic self. Having returned from a Journeys of the Spirit retreat to Kerala feeling happy and totally rejuvenated, she knew she had to share this experience with the world! As well as now integrating Ayurveda in to her daily life, Pamela also practices yoga, reiki and meditation to maintain her good health and positive outlook.

Pamela's love for travel hasn't diminished since leaving her native Ireland for an adventure in the United States, her worldwide experiences have taught her the value of an open mind towards different people and cultures. A firm believer that "laughter is the best medicine", she loves catching up with friends old and new to do just that!

Pamela now resides in sunny San Diego California with her Australian husband, cat Bono and Border Collie Paddy, a true multi-cultural mix!



Wellness Retreat with Pamela

for your mind, body & spirit at an Ayurvedic health retreat in Kerala

24 October to 3 November 2020

10 nights accommodation in delightful cottages set in secluded tropical gardens

** Loyalty reward benefits apply for all re-retreaters. Contact us for details

10 NIGHTS IN A SPECIAL COTTAGE

USD \$3400 TWIN SHARE PER PERSON

OR

USD \$3970 SINGLE

Your journey includes ...

Individual consultation on arrival with your Ayurvedic Practitioner to guide and monitor your personalised rejuvenation and healing program, with daily consultation whilst at the retreat

Ayurvedic Rejuvenation Therapy treatments and body massages for over 2 hours per day for the duration of your stay on your personalised treatment program

All Ayurvedic gourmet vegetarian meals are included. Your menu is tailored to your individual body type for maximum rejuvenation & revitalising benefits

- All fresh juices, teas, beverages included
- All vitamins and tonics prescribed for you whilst on your retreat
- Unlimited daily Yoga, meditation & Pranayama (yogic breathing) classes
- Return airport to Retreat transfers
- Fully guided with Pamela from the USA for 10 nights



Join us for an amazing experience allowing time & space to reconnect in a nourishing and inspirational environment!

Booking Form

Wellness Retreat with Pamela 24 October to 3 November 2020

SURNAME _____ & FIRST NAME AS PER PASSPORT _____

NAME YOU LIKED TO BE CALLED _____ TITLE _____

ADDRESS _____

PHONE CONTACTS: HOME PHONE _____ MOBILE _____

EMAIL _____ Do you have FaceTime? _____

DEPARTURE DATE: _____ FROM (CITY): _____

DURATION OF TRIP: 10 NIGHTS

COTTAGE TYPE: _____ COST: USD\$ _____

ANY PRE OR POST TRAVELLING ARRANGEMENTS ADDITIONAL TO YOUR RETREAT?

FLIGHTS TO TRIVANDRUM ORGANISED BY YOURSELF _____ OR OUR TRAVEL AGENT _____

PREFERRED AIRLINE _____ FREQUENT FLYER MEMBERSHIP _____

FLIGHT SEATING PREFERENCE (IF ANY) AISLE _____ WINDOW _____

TRAVEL INSURANCE POLICY ISSUED _____ OR QUOTE REQUIRED _____

PASSPORT NATIONALITY _____ PASSPORT NUMBER _____

EXPIRY DATE _____ DATE OF BIRTH _____

ANY DIETARY ALLERGIES _____

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: _____

EMERGENCY CONTACT – NAME _____ PHONE NUMBER _____

NON REFUNDABLE DEPOSIT – USD \$400 PER PERSON DUE WITHIN 7 DAYS OF BOOKING

(Please refer to your Terms and Conditions for payment options)

PAID _____

FINAL BALANCE – DUE ON OR BEFORE THE **24 August, 2020** (Airfare may be due earlier)

PAID _____

HOW DID YOU HEAR ABOUT US? _____

I have read, understood and agree to the attached Terms & Conditions for my Journeys of the Spirit Retreat

Signature _____ Date _____

Namaste!

Email your booking form to spiritjourneys@icloud.com
or text a photograph to Pamela on (+1) 619-888-1043

Terms & Conditions

Bookings:

All reservations can be made directly to **Journeys of the Spirit** by:

Phone/sms/Whatsapp/Viber/Facetime:(+1) 619-888-1043

Email: spiritjourneys@icloud.com

Web: www.journeysofthespirit.com.au

To assist us in fulfilling your requirements efficiently, please provide us with the following details for each person on your completed and signed Booking Form:

- ◆ Your passport details – nationality, number, expiry date
- ◆ Your surname and first name **exactly** as per your Passport
- ◆ Date of birth
- ◆ Any special requirements ie special dietary meals, seating requests, frequent flyer details, medical conditions and any other details we need to be aware of.

Deposits

A non refundable deposit of USD \$400 per person or as otherwise stated on your Booking Form is required within 7 days of booking to secure your reservation.

Final Balance

Due **8 weeks prior** to your Journeys of the Spirit retreat departure, or as otherwise specified.

Payment

Payments can be made by direct transfer, credit card or PayPal. If paying by credit card or Paypal please email us so we can send you the link to do this online. The merchant fee for using credit card or PayPal is between 2 – 3%, dependent on your card. Please make these payable to **Journeys of the Spirit Pty Ltd.**

Payment plans are available.

[Direct Transfer Bank Account details:](#)

Account Holder

Journeys Of The Spirit Pty. Ltd.

Account number

8310561296

Bank code (SWIFT / BIC)

CMFGUS33

Routing number (ACH or ABA) – select “Checking” Option when sending

026073150

Address

TransferWise

19 W 24th Street

New York

10010

United States

Please put your surname and trip / date as the reference and advise us via email or sms of your receipt number.

Travel Insurance

It is a mandatory condition of booking any Journeys of the Spirit holiday that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for some destinations.

Prices and itineraries are subject to change without notice due to weather, political and social unrest, currency fluctuations and any other unforeseen circumstances. If these arise, the Journeys of the Spirit journey/retreat may be affected.

Cancellation Policy

Time	Cancellation fee
Deposit paid & prior to full payment	Full deposit
After full payment and more than 21 days prior to departure	Deposit + USD \$800 per person + any ground operator/supplier cancellation charges
Less than 21 days prior to departure	100% cancellation fee per person

Refunds

No refund is available for cancellations or amendments after the journey/retreat has commenced, or in respect of any transportation, accommodation, meals, treatments or any other services not utilised. Please contact your Travel Insurance company regarding your insurance claim.

Journeys of the Spirit Pty Ltd and its agents act only as an agent for passengers in all matters relating to accommodation, transport, sightseeing, tours, restaurants, guides services, spa and retreat facilities and it's facilitators, and shall not be liable for any accident, death, irregularity, injury, loss or damage caused by or arising out of services offered by Journeys of the Spirit Pty Ltd.



JOURNEYS OF THE SPIRIT

Phone / SMS / WhatsApp:

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Email: spritjourneys@icloud.com

Website: www.journeysofthespirit.com.au

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ABN 74 611 094 430

Current as at 31 January 2020

Immersing, connecting and learning from the wisdoms of our indigenous healing elders and sacred sites of our world, Journeys of the Spirit creates wellness retreats, spiritual journeys and unique travel experiences to a range of destinations such as Bhutan, Spain, India, Italy, Japan, Scandinavia, Peru, France and Hawaii.

Journeys of the Spirit takes a holistic approach in creating these journeys and designs personalised itineraries that provide a balance of exploration and indulgence. These are no ordinary holidays. They are an extraordinary opportunity for you to feel rested, energised, engaged, connected & excited about life!

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connect with us

